

negative correlation between the Self-Awareness levels and total score of the perceived stress levels after the intervention indicates the potential stress-protective effects of this EI subdomain ($\rho=-0.439$, $p<0.05$).

Conclusion: Our results suggest that even short-term mindfulness interventions may positively impact some EI competencies, particularly the Emotional Self-Control subdomain. They also indicate that the intervention may increase emotional self-awareness' protective effects against perceived stress. Implementing mindfulness-based interventions should be considered throughout the continuum of pharmacists' professional development, particularly in pharmaceutical care. Additional research with longer-term interventions is needed to confirm our findings.

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Strengthening continuity of health care: Requesting medication updates from community pharmacy to primary care physicians. A case report.

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Electronic prescribing enables prescribers to remotely submit prescriptions to community pharmacies. It has been promoted as a solution to improve patient safety and the quality and continuum of healthcare. Requesting the update of a given e-prescription, formalize the process by which a GP authorizes its renewal. This process ensures that the treatment is available for dispensing for a maximum of 12 months. Although e-prescription activation request from community pharmacies reduces the need for ongoing prescription renewals, the time that a GP allocates to associated administrative tasks may vary depending on the healthcare system, the IT systems, and the administrative load at the health centre. Previous research indicate that GPs spend a significant amount of time on administrative tasks, including medication management on patients' health records.

Objective: To evaluate the update request of e-prescriptions from a community pharmacy.

Method: This case report adopted a quasi-experimental design and was conducted over six-months (February–August 2024) in a community pharmacy and a health centre in Badajoz, Spain. The study sample consisted of 550 patients attending the same community pharmacist, GP, and nurse. The community pharmacy carried out a two-level intervention, involving patient and physician interactions. The pharmacist-patient interaction was conducted during the dispensing process whenever it was identified that they required a medication, but an e-prescription was not available. In this scenario, the pharmacist offered the patient assistance in updating their e-prescription by contacting the GP directly. The pharmacist-GP interaction involved a pharmacist-initiated communication to request the update of the patient's e-prescription.

The agreed communication channel between the community pharmacist and the GP was text messaging.

Results: The community pharmacy conducted 931 interventions. The GP made 1,324 prescription modifications for patients, of which: 1,135 (85,72 %) were prescription updates for prescription renewals for patients with chronic diseases, 92 (6,95 %) to initiate new prescriptions, 58 (4,38 %) updates of prescription dates, 25 (1,89%) changes in the medicine dose or dosing regimen, and 14 (1,05 %) modifications in the quantity or administration form. Interventions were accepted by both patients and the GP and resolved in 100% of cases.

Conclusions: This study demonstrates that requesting e-prescription updates and modifications from the community pharmacy to the GP is an efficient process when a rapid and an effective communication channel is used. This collaboration with GPs benefits the patient by facilitating access to needed medications without extra administration processes.

Key words: physician, primary care, pharmacist, e-prescriptions, community pharmacy.

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Patterns of Use and User Attitudes Toward Herbal-based Food Supplements and OTC Medicines in Bulgaria

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Background: The rising use of food supplements and over-the-counter (OTC) medicines containing herbal substances has sparked ongoing discussions about their safety, effectiveness, and potential interactions with conventional medications. Despite their widespread popularity, there is limited data on consumer awareness and behaviors regarding these products, especially in terms of their risks and benefits.

Aim: This study sought to examine the prevalence, usage patterns, and motivations for using food supplements and OTC medicines with herbal ingredients in Bulgaria. It also aimed to assess the level of consumer knowledge regarding the safety, efficacy, and potential interactions of these products with other medications.

Methods: An electronic survey was administered between May and September 2024, collecting responses from 1,055 Bulgarian adults. The survey explored participants' usage habits, preferred herbal ingredients, perceived benefits, and their awareness of associated risks. Data on spending habits, sources of purchase, and healthcare consultations were also gathered.

Findings: A significant 76% of respondents reported using herbal-based food supplements or OTC medicines, with 30% citing the natural origin and perceived safety of these products as their primary motivation. Over half of the users indicated that they use supplements to manage acute health issues, while many with chronic conditions integrated these products into their therapeutic routines. Notably, 24% of respondents admitted to substituting prescribed medications with herbal supplements. Spending on these products was primarily in the range of 100 to 200 euros annually. Interestingly, 58% of users consulted healthcare professionals, such as physicians or pharmacists, prior to purchasing supplements, and the majority preferred to buy them from pharmacies.

Conclusion: The findings highlight the widespread use of herbal-based products and the need for greater consumer education on their safety, efficacy, and potential interactions with prescribed medications. Healthcare providers and public health initiatives must enhance efforts to inform consumers about the appropriate use of these products to ensure both their benefits and safety. Future research should focus on the long-term effects of herbal supplements, their interactions with prescription drugs, and the role of regulatory measures in ensuring the safety and efficacy of these products.

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Keywords: food supplements, OTC medicines, herbal products, consumer behavior, safety, efficacy, drug interactions, Bulgaria

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Balancing Efficiency and Accuracy in Medication Review Type 3 Quality Assessment: A Novel Approach

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